

the MSH bulletin

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Almost Spring

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About Co-Occurring Treatment



Stress-Vulnerability Model of Co-Occurring Disorders

Vulnerability is something we all face in life. And, how effective we become in our daily life can sometimes depend on the choices we make in learning to manage our moments of vulnerability. For persons with co-occurring illness, stressors can become more complicated, given the increased chance of negative outcomes to occur. Some persons are more biologically vulnerable to certain psychiatric disorders, which is determined early in life through genetics, prenatal nutrition or

stress, early childhood experiences, and levels of support. Likewise, some persons may have a biological vulnerability to developing an addiction, due to family genetics and are highly sensitivity to even small amounts of drugs or alcohol. Co-occurring disorders are best treated through integrated treatment approaches, to address the mental illness and the related substance abuse.

The **Stress Vulnerability Model** was first proposed by researchers Zubin and Spring (1977) and has expanded as a model to better understand the relationship between internal and external stressors for persons with mental illness and substance abuse diagnoses. Biological vulnerability and stress appear to be directly influenced by a number of factors for persons diagnosed with co-occurring disorders. These include: alcohol and drug use, medication use, coping skills, social support, and meaningful activity. Treatment interventions that target these factors can decrease vulnerability factors and increase resiliency factors to promote a recovery focus. These factors will be explored over the next few weeks.

By Pamela Guthrie, PhD, MSH Staff Psychologist



DBT SKILLS

Practicing Mindfulness

*Some everyday ways to use mindfulness
in things you are already doing ---*

- Mindfully waking up ... before you get out of bed, notice your breathing for just a minute. Simply note if it is slow and steady ... that would indicate you are calm. If it is constricted, you might be tense. Then take another minute to notice your thoughts. Are you already at work? Unless you are mindfully planning your day, you can put that out of your mind until you get there. Make the decision to put yourself fully into each moment until then.
- When possible, eat silently, thinking of and thanking each person who had a role in putting the food in front of you (farmers, truckers, grocers). Then taste and truly enjoy your meal, taking time with each bite.
- Walking from the parking lot or to another building? Notice the environment ... the trees, grass, sky, and sounds. Then notice your body in relation to all those things. Relax. It's a chance to.
- As you end the day and are going to bed, let go of everything that has happened and everything that might happen tomorrow. Notice how good it feels to have cleanly brushed teeth, to sink into the mattress, the softness of the pillow and pillowcase. Then focus again on your breathing, and let that be the calming way to end your day.



What is Antisocial Personality Disorder?

Antisocial Personality Disorder

Antisocial personality disorder is a mental condition in which a person has a long-term pattern of manipulating, exploiting, or violating the rights of others. This behavior is often criminal. A mental health disorder characterized by disregard for other people.

Causes: The cause of antisocial personality disorder is unknown. Genetic factors and environmental factors, such as child abuse, are believed to contribute to the development of this condition. People with an antisocial or alcoholic parent are at increased risk. Far more men than women are affected. The condition is common among people who are in prison. Fire-setting and cruelty to animals during childhood are often seen in the development of antisocial personality.

Symptoms: A person with antisocial personality disorder may:

- Be able to act witty and charming
- Be good at flattery and manipulating other people's emotions
- Break the law repeatedly
- Disregard the safety of self and others
- Have problems with substance abuse
- Lie, steal, and fight often
- Not show guilt or remorse
- Often be angry or arrogant



Treatment: Antisocial personality disorder can't be cured, but treatment may help. It is one of the most difficult personality disorders to treat. People with this condition usually do not seek treatment on their own. They may only start therapy when required to by a court.

- Behavioral treatments, such as those that reward appropriate behavior and have negative consequences for illegal behavior, may work in some people. Talk therapy may also help.
- People with an antisocial personality who have other disorders, such as a mood or substance use disorder, are often treated for those problems as well.

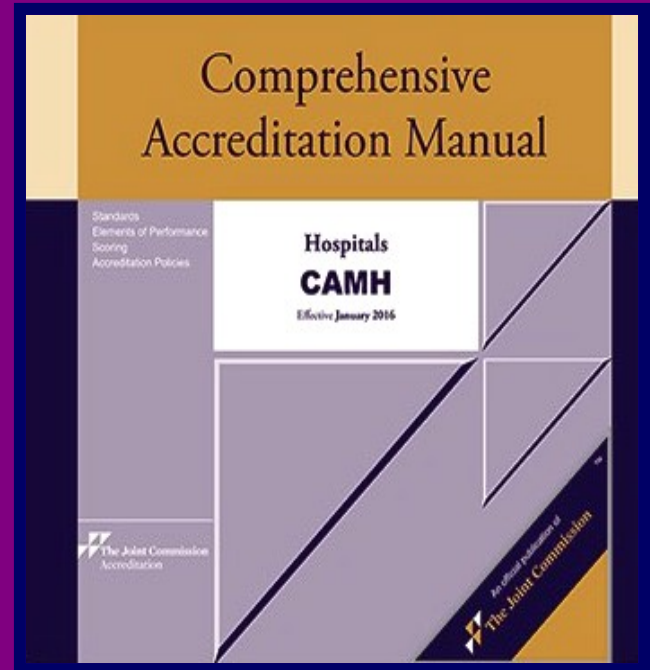


New “Policy Software” at Madison State Hospital

This policy software offers us the ability to assign workflow and expiration dates to policies as well as assign electronic read-and-signs to users. This process will replace the manual reading of policies and authentication as we have previously done. Users will also be able to search for policies and access forms and additional information within the program. To access, you will use your main Windows log-on and password. Your supervisor will give you more information about how to sign on in the near future. Madison State Hospital will likely **gone-live** for all users on February 29th. Much more information and instructions will be coming in the near future. If you would like more information, please go to www.policystat.com.

Joint Commission Readiness

This will be the first in a series of articles related to The Joint Commission standards, in preparation for our tri-annual survey that will occur later this year. I want to start this series by introducing you to the Comprehensive Accreditation Manual for Hospitals (CAMH).



The CAMH is the one-stop resource to help the hospital maintain continuous compliance with the Joint Commission's standards. It guides us to develop processes to provide the highest quality of safe care, treatment and services.

The CAMH includes all the information the hospital needs for continuous operational improvement: standards, rationales, elements of performance (EPs), Accreditation Participation Requirements, National Patient Safety Goals (NPSGs), scoring, decision rules, and accreditation policies and procedures.

The CAMH includes the Accreditation Requirements and Accreditation Process Information.

In the coming weeks, I will be covering each of the chapters of the CAMH, and the requirements within those chapters to increase your knowledge of the requirements and help you to become more comfortable with the survey process.

Clinical staff will be coming around to the units as we prepare for the survey, to provide additional information and to answer questions that you might have about the survey process and requirements. Within the next couple of months a "Joint Commission Readiness Binder" will be placed on all of the units and departments to provide you with copies of the standards and information the processes Madison State Hospital has in place to meet those standards.

Mitzi L. Lawson
Director of Quality Assurance



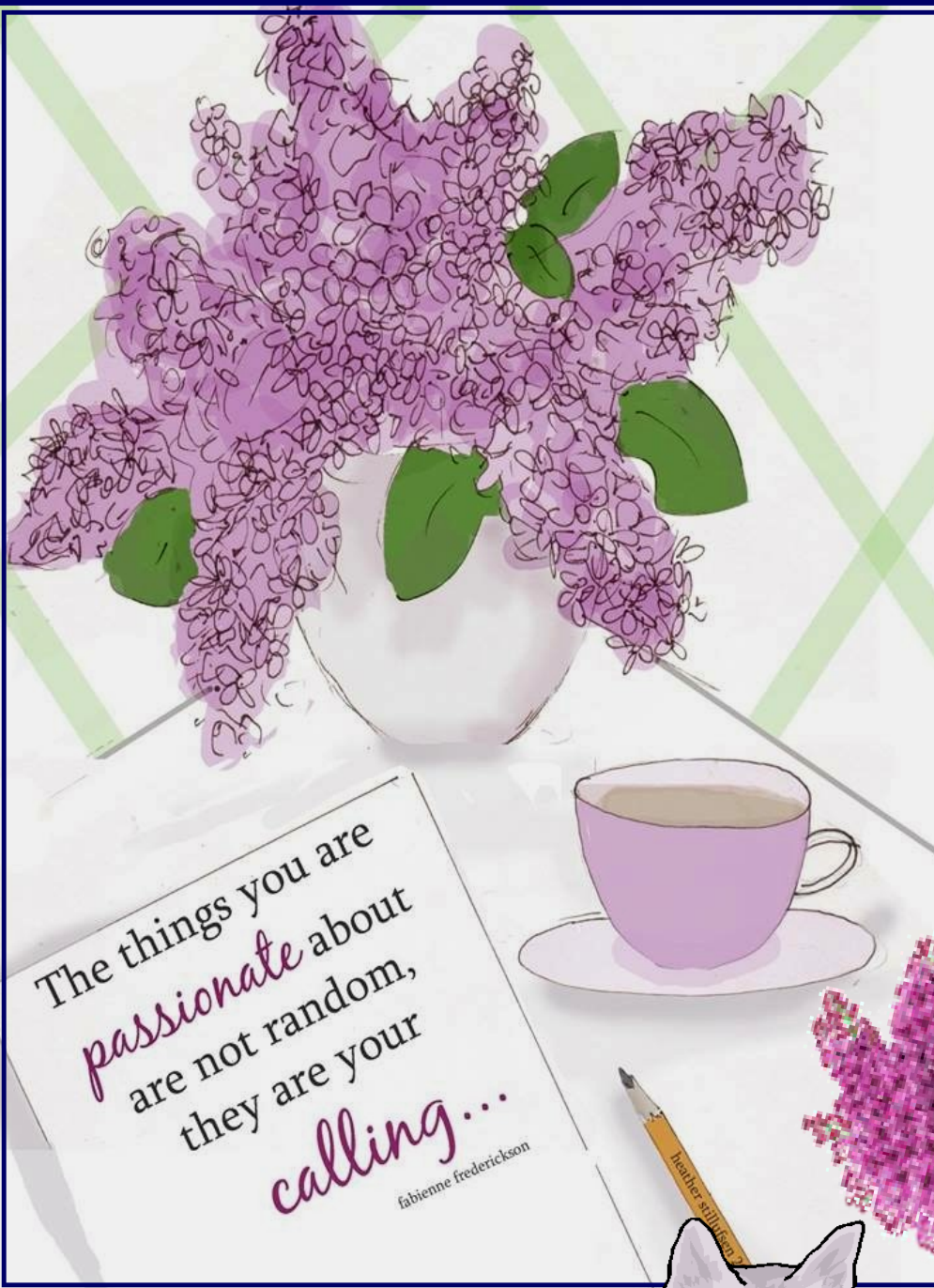
The Chaplain's Pen


MSH Chaplain, Howie Cutshall, M.A.

When you are going through difficulty
and wonder where GOD is,
remember that the teacher
is always quiet during the test.

www.dailyinspirationalquotes.in

Blessed is the man who remains steadfast under trial, for
when he has stood the test he will receive the crown of life,
which God has promised to those who love him. *James 1:12*





It takes a lot of
strength to
do this

stop smoking...

quit now....

what are waiting for???

don't think... just quit...

*do it...
be strong...*

save your life...

The Indiana Tobacco Quitline is an evidence-based intervention.

The Indiana Tobacco Quitline 1-800-QUIT-NOW (800-784-8669) is a free phone-based counseling service that helps Indiana tobacco users quit. Funded by the Indiana Tobacco Prevention and Cessation Agency, the Indiana Tobacco Quitline offers experienced professional Quit Coaches® trained in cognitive behavioral therapy.

Health care providers and employers who utilize the Quitline's fax referral system experience a quick and efficient way to refer their patients and employees for help with quitting tobacco. The fax referral system provides:

- Intensive counseling options often not feasible in a busy clinic environment or available at a worksite
- A brief, easy to use form
- An initial call made by the Quit Coach™ instead of the tobacco user



Baked Oatmeal to Go!

Ingredients:

2 eggs

1 Cup packed brown sugar

$\frac{3}{4}$ Cup unsweetened applesauce

1 $\frac{1}{2}$ Cup whole milk

2 tsp. vanilla extract

$\frac{1}{2}$ tsp. salt

1 tbs. ground cinnamon

3 Cup old fashioned rolled oats

2 tsp. baking powder

Optional suggested toppings: blueberries, pumpkin seeds, flax seeds, chocolate chips, toasted nuts, dried fruit, etc.



Instructions:

Preheat oven to 350 degrees. Line a muffin tin with paper/foil muffin liners.

In a large bowl, whisk eggs and brown sugar until sugar is dissolved.

Add applesauce, milk, vanilla, salt and cinnamon.

Whisk well until combined. Stir in oats and baking soda. Let sit for 20-30 minutes to allow oats to absorb most of the liquid.

Fill muffin cups with $\frac{1}{4}$ Cup oat mixture each. Add favorite toppings, pushing down into the oat mixture with your finger.

Bake 30 minutes or until firm and browned on top.

Let cool for 5 minutes before eating.

Can be stored in an airtight container for up to a week or frozen for later use.



10 Walking Mistakes to Avoid

By [Wendy Bumgardner](#)

Mistake # 9:

The Wrong Walking Clothes



Mistake:

Yes, clothes matter when you take a walk. Here are some common mistakes with choosing your walking clothing.

- You are always wearing too much or not enough, end up sweaty and clammy in any weather.
- You walk at night wearing dark colored clothing with no reflective stripes or a safety vest.
- No hat.
- You wear uncomfortable shoes and restrictive clothing to work, so you rarely walk during the workday.

The Cure:

For walking comfort, dress in layers. The inner layer should be of a fabric such as CoolMax or polypropylene that will wick sweat away from your body to evaporate - not cotton, which holds it in next to the skin. The next layer should be insulating - a shirt or sweater easily removed if you warm up. The outer layer should be a jacket that is windproof, and waterproof or water-resistant in wet climates.